



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 19101, Candies, fudge, chocolate, with nuts, prepared-from-recipe

Report Date: June 26, 2017 17:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	7.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kcal	461	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	1929	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	4.38	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Total lipid (fat)	g	18.93	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Ash	g	0.87	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carbohydrate, by difference	g	67.93	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Sugars, total	g	63.37	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Minerals													
Calcium, Ca	mg	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Iron, Fe	mg	1.97	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Magnesium, Mg	mg	55	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Phosphorus, P	mg	114	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Potassium, K	mg	183	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Sodium, Na	mg	39	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	1.43	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Copper, Cu	mg	0.526	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Manganese, Mn	mg	0.885	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Selenium, Se	µg	2.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Thiamin	mg	0.067	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Riboflavin	mg	0.095	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Niacin	mg	0.315	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Pantothenic acid	mg	0.208	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-6	mg	0.088	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, total	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Folate, food	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Folate, DFE	µg	16	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Choline, total	mg	14.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin A, RAE	µg	38	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Retinol	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin A, IU	IU	140	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lutein + zeaxanthin	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.26	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	1.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Lipids													
Fatty acids, total saturated	g	6.489	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
4:0	g	0.161	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
6:0	g	0.108	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
8:0	g	0.072	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
10:0	g	0.131	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
12:0	g	0.134	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
14:0	g	0.409	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
16:0	g	3.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
17:0	g	0.033	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:0	g	2.371	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:0	g	0.064	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
24:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Fatty acids, total monounsaturated	g	3.900	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
14:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
16:1 undifferentiated	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
17:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
18:1 undifferentiated	g	3.827	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:1	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fatty acids, total polyunsaturated	g	7.529	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:2 undifferentiated	g	6.097	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:3 undifferentiated	g	1.432	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
20:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2002
Fatty acids, total trans	g	0.142	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Cholesterol	mg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Caffeine	mg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Theobromine	mg	112	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003